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CLAIMS:

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 A method for controlling the cross machine direction width of a plurality of extruded filaments, the method comprising:

- 5 a) providing a polymer supply;
 - providing an extrusion die in fluid communication with said polymer supply, said extrusion die comprising a plurality of extrusion capillaries and a plurality of counterbores allowing fluid communication between said extrusion capillaries and said polymer supply;
- c) providing at least one adjustable insert for interrupting said fluid communication between said polymer supply and at least one of said extrusion capillaries;
 - d) providing at least one fluidized polymer;
 - e) conveying said polymer through said polymer supply, said counterbores and said extrusion capillaries to extrude a plurality of filaments; and
- f) interrupting said fluid communication between said polymer supply and at least one of said extrusion capillaries by adjusting said at least one insert.
 - 2. The method of Claim 1 wherein said adjustable insert is plate having a plurality of spaced apart holes therethrough.
 - 3. The method of Claim 2 wherein said fluid communication is interrupted by moving said plate axially.
 - 4. The method of Claim 1 wherein said adjustable insert is substantially solid plate.

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5. The method of Claim 1 wherein said adjustable insert is a substantially solid rod having a substantially circular cross section and wherein said fluid communication is interrupted by moving said rod axially.

- 5 6. The method of Claim 1 wherein said adjustable insert is a rod having a substantially circular cross section and said rod further having a plurality of spaced apart holes therethrough.
- 7. The method of Claim 6 wherein said fluid communication is interrupted by movingsaid rod axially.
 - 8. The method of Claim 6 wherein said fluid communication is interrupted by rotating said rod about its longitudinal axis.
- 9. The method of Claim 1 wherein said adjustable insert is a rod having a substantially circular cross section, a diameter and a length, said rod having at least a first portion and a second portion along said length, said first portion having at a plurality of spaced apart locations a single hole through said diameter, and said second portion having at a plurality of spaced apart locations at least two holes through said diameter, wherein said fluid communication is interrupted to a first plurality of extrusion capillaries by a first rotational adjustment of said insert, and wherein said fluid communication is interrupted to a second plurality of said extrusion capillaries by a second rotational adjustment of said insert.

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10. The method of Claim 1 comprising the step of providing a second adjustable insert for interrupting said fluid communication between said polymer supply and at least one of said extrusion capillaries and further comprising the step of interrupting said fluid communication between said polymer supply and at least one of said extrusion capillaries by adjusting said second insert.

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- 11. The method of Claim 6 comprising the step of providing a second adjustable insert for interrupting said fluid communication between said polymer supply and at least one of said extrusion capillaries, wherein said second adjustable insert is a rod having a substantially circular cross section and said rod further having a plurality of spaced apart holes therethrough, and further comprising the step of interrupting said fluid communication between said polymer supply and at least one of said extrusion capillaries by adjusting said second insert.
- 12. The method of Claim 9 comprising the step of providing a second adjustable insert for interrupting said fluid communication between said polymer supply and at least one of said extrusion capillaries, wherein said second adjustable insert is a rod having a substantially circular cross section, a diameter and a length, said rod having at least a first portion and a second portion along said length, said first portion having at a plurality of spaced apart locations a single hole through said diameter, and said second portion having at a plurality of spaced apart locations at least two holes through said diameter, wherein said fluid communication is interrupted to a first plurality of extrusion capillaries by a first rotational adjustment of said second insert, and wherein said fluid communication is interrupted to a second plurality of said extrusion capillaries by a second rotational adjustment of said second insert.

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13. An apparatus for extruding filaments, said apparatus comprising:

- a) an extrusion die;
- b) a polymer supply in fluid communication with said extrusion die;
- c) a plurality of extrusion capillaries in said extrusion die;
- d) a plurality of counterbores in said extrusion die allowing fluid communication between said capillaries and said polymer supply; and
 - e) an adjustable insert for interrupting said fluid communication between said polymer supply and at least one of said extrusion capillaries.
- 10 14. The apparatus of Claim 13 wherein said insert is a rod having a substantially circular cross section and further having a plurality of spaced apart holes therethrough.
 - 15. The apparatus of Claim 14 wherein said rod has a single hole at each of said spaced apart locations.
 - 16. The apparatus of Claim 13 wherein said insert is a substantially solid rod having a circular cross section.
 - 17. The apparatus of Claim 13 wherein said insert is a solid plate.
 - 18. The apparatus of Claim 13 wherein said insert has a rectangular cross section and a longitudinal axis and further having a plurality of holes through the insert perpendicular to said longitudinal axis.

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19. The apparatus of Claim 13 wherein said insert is a rod having a substantially circular cross section, a diameter and a length, said rod having at least a first portion and a second portion along said length, said first portion having at a plurality of spaced apart locations a single hole through said diameter, and said second portion having at a plurality of spaced apart locations at least two holes through said diameter.

20. The apparatus of Claim 19 further comprising a second adjustable insert for interrupting said fluid communication between said polymer supply and at least one of said extrusion capillaries, wherein said second adjustable insert is a rod having a substantially circular cross section, a diameter and a length, said rod having at least a first portion and a second portion along said length, said first portion having at a plurality of spaced apart locations a single hole through said diameter, and said second portion having at a plurality of spaced apart locations at least two holes through said diameter.